



December Birthdays

| | | | |
|-----------------|----------------|------------------|---------------------|
| Robert Berman | Naoma Guevara | Annette Lys | Patricia Russell |
| Jane Boyer | Mariko Harumi | Marci McKilligan | Gouping Shen |
| Marge Brumis | Ruth Hayashi | Carmen Mordecai | Sagol Silpi |
| Alison Cardinet | Barbara Hirsch | Kathleen Murphy | Leon Spanier |
| Yolanda Chapman | Tung Huang | Eugenia Ng | Margaret Tong |
| Yun-ren Chin | Bernice Hunn | Gay Nichols | Charlotte Toothman |
| Patricia Clark | Diane Ichiyasu | Sabit Ozen | Patricia Tousant |
| Walter Corvello | Timothy Kaarto | Shu-Ching Peng | Victoria Triemer |
| Dick Davis | Marie King | Sarah Redick | Karen Weiner |
| Bill Decker | Evelyn Kroeker | Sheila Reid | Alfred Windsor |
| Bonnie Dehler | Jeanne Lageson | Isabelle Revoir | Eleanor Wong |
| John DeSouza | Anita Levitch | Anne Richardson | Christine Yamashiro |
| Lyman Fong | Linda Liem | James Rinaldi | Kaigui Yao |
| Roger Freeman | | Thomas Rogers | Evelyn Zavala |



The December Birthday Dinner Party is scheduled for Thursday, December 8th at 4:00 pm. We will be treated to a fabulous holiday concert by the Albany Community Choir at 4:30 pm. Come join the festivities, especially if you have a birthday in December. Sign up at the front desk.

Trips, Trips, Trips.... By Pat Tousant

"The wheels on the bus go round and round, ..." and it took us to the beaches of Tomales Bay on this cool, crisp, sun-drenched fall day. Our Mary-bus bounced around a little on some of the roads leading to this beautiful destination. Once there we found the trails up and down the hills and along the beaches damp, aromatic, invigorating, and muddy in sections. We did not want to be anywhere else but on this feel-great type of hike that filled up our senses. Eating lunch on the beach looking across Tomales Bay on the sunny day added to our hiking experience.



The 2-mile hike we took along Shadow Cliffs Regional Recreational Area in Pleasanton (site of former and existing gravel quarry) had its own reward. For lunch, we visited and were invited to eat at the Pleasanton Senior Center. Our gracious hosts showed us around their Center and answered our numerous questions before steering us into the dining hall. We had a tasty meat-loaf dinner with all of the fixin's. We enjoyed our time visiting in their large facility, but felt that our smaller, more intimate facility always makes us happy.

The week of Thanksgiving the Seniors completed a beautiful, albeit strenuous 3-mile hike at Purisima Creek Redwoods Preserve. This hike down and up the Creek Trail burned enough calories that it allowed us to sit down for our big Thanksgiving meal without an ounce of guilt. We said good-bye to Bettye (our sun-bird) who goes away for 6 months to Florida and said hello to Gitta, JoAnne and Silvia. One transgression—Zion lost his directional powder.

Day Trip to **Castello di Amorosa**

As we came up the hill immediately before us was an authentically-styled 121,000 square foot 13th century Tuscany Castle...and we were in the Napa Valley 2 miles south of Calistoga viewing it. Our initial sighting drew many "oohs & aahs" as we eagerly got off the bus. The winery opened in April 2007 after 13 years of construction and 30 years of research and is a tourist and wine-lover's delight. Our docent-led tour took us throughout the 4-storied castle(3 below ground) and included a dungeon and a torture chamber plus many 58 degree wine-storage rooms. We were all pretty enthralled with this castle-winery. We finished with wine-tasting, wine-buying and gift-buying prior to departure for our lunch in Napa.



Day Trip to **Contemporary Jewish Museum (Houdini)**

The escape artist we came to see died in 1926, a fate that even he (Harry Houdini) could not escape. The exhibit visited by the Seniors at the Contemporary Jewish Museum (Houdini Art and Magic) suggested that there were few things from which this man could not escape. An avid self-promoter with a flair for the dramatic he would round up an audience, be bound up, packed in or put in or a combination of all three, and then escape the handcuffs, shackles, strait-jackets, milk cans, packing trunks and water tanks much to the amazement of the onlookers. He had it going prior to his early death at 52. An adventurous person who seemed to have an interesting life—until he escaped...



THE BOOSTER NEWS



NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center 846 Masonic Ave Albany CA 94706 524-9122

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FOAS President's Message

Help! We need more bakers for our Saturday, December 3rd Bake Sale. Baked goods may be brought in Saturday at 9:30 am.



In Memory. Russell (Russ) Theobald (1914—2011), who ate dinner at the ASC for many years, died 11/17/11 at a Kaiser Nursing Home. He died at 97 years old, one month short of his 97th birthday. He was born in Sacramento, CA, and traveled extensively during his lifetime. He had 2 daughters and 1 son who said, "you couldn't have had a better Dad". He also had 2 granddaughters and 3 great grandchildren. Sympathy cards may be sent to the family at 1724 Delaware St., Berkeley, CA 94703.

Recipes of the Month:

Merry Christmas! --Barb's Peanut Clusters.

Melt 1 pkg. (11.5 oz) butterscotch chips & ½ pkg. semi-sweet chocolate chips together. When melted

& smooth, pour over 1 can of Spanish peanuts. Drop by teaspoonfuls on wax paper or parchment paper. Cool & refrigerate.

Happy Chanukah! --Potato Latkes.

Place 2 cups peeled and shredded potatoes in a cheesecloth. Wring, extracting as much liquid as possible. In medium bowl stir potatoes, 1 tablespoon grated onion, 3 beaten eggs, 2 tablespoons flour, and ½ teaspoon salt. In large skillet heat ½ cup peanut oil until hot. Place large spoonfuls in pan, pressing down on them to form 1/4" to 1/2" patties. Brown on both sides. Let drain on paper towels and serve hot!! Serve with sour cream and/or apple sauce.

Humor-esque. A schoolchild filling out an application for a first savings account wrote in the blank "Name of Former Bank" – Kitty!

Barbara Van Pelt, President, FOAS



Pearl Yue sang at the Thanksgiving Party in November, accompanied by Vivian Kwan.



Veteran Honorees at Veterans Day Celebration at the Senior Center 11/10/11

From left, Marianne Darrow, Steve Darrow, Pete Dowling, Al Windsor, Karl Turne, Robert Berman, Bill Decker, Margaret Stone, Fran Roberts, Alice Davis



Free Lunch For ASC Seniors -

Enjoy a Free Healthy Lunch At Zaki Kabob House

Albany Restaurant, **Zaki Kabob House** has offered to give all Albany Senior Center members a free healthy Mediterranean lunch valued to \$10. Please call their 24 hour Healthy Free lunch hotline at 1888-640-2844 ext. 8600.

Leave name and your address to have your free lunch postcard sent to you.

Zaki Kabob House, 1101 San Pablo Ave., Albany



December 2011 Calendar of Activities

WEEKLY

CITY OF ALBANY

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| 9am Gentle Yoga \$5/\$6 ACC* 9am Needlecraft \$1 9:30am World Affairs/Politics 9/19-12/12 \$3/\$4 per class 12pm Gentle Tai Chi \$2/\$3 ACC* 3pm Memoirs \$49/\$54 for 7 wks 10/31-12/12 4pm Dinner | 9am Gentle Yoga \$5/\$6 10am World Lit. \$49/\$54 for 7 wks 11/1-12/13 4pm Dinner | 9am Gentle Yoga \$5/\$6 10:15am Trad. Women Dances \$6/\$7 10:30am Gentle Tai Chi \$2/\$3 ACC* 12pm Rosen Movements \$8/\$9 4pm Dinner | 9am Shopping: El Cerrito Plaza & Ranch 99 9am Art Social \$1 9am Zumba Gold \$6/\$7 2pm Games & Ping Pong \$1 4pm Dinner | 9am Gentle Yoga \$5/\$6 9am Shopping: Safeway 10am Shopping: Target 10:15am Dance & Mov. \$7/\$8 10:30am Gentle Tai Chi \$2/\$3 ACC 11am French Social \$1 12pm Bridge Social \$1 4pm Dinner |
| | | | 1 8:30am January Walking Trip Registration begins | 2 9:30am Brown Bag |
| 5 8:30am Trip: Ralston Hall Mansion 1pm HICAP | 6 8:30am Walk: Sunset Trail | 7 8:30am Trip: Poinsettias & Olives 1pm Over 60 Health and Foot Clinic | 8 4pm Birthday Dinner | 9 |
| 12 9am Trip: Plaza de Cesar Chavez 10:45am Free Blood Pressure Checks with Nurse Vicky | 13 8:30am Walk: Blue Rock Springs | 14 8:30am Trip: Crocker Art Museum & California State Railroad Museum | 15 8:30am Winter/Spring 2012 Day Trip Registration begins 9am Exploring Local Natural Treasure Walk: SF Sky Gardens | 16 9:30am Brown Bag |
| 19 1pm HICAP 3:30pm Holiday Dinner | 20 8:30am Walk: Temescal Lake | <i>No Classes or Socials from 12/19/11-1/2/12</i> | | |
| 26 CLOSED | <i>No Classes or Socials from 12/19/11-1/2/12</i> | | 29 | 30 CLOSED |

January Walking Trip Registration
 Thursday, December 1 8:30am
 First come, first serve. You may sign up for a maximum of 2 walking trips. Small fee for each trip.

Winter/Spring Trip Registration
 Thursday, December 15 8:30am
 Trip registration begins for the months of January-April on December 15th. All trips must be paid for at the time of registration. Cash or Check only. Checks payable to the Albany Senior Center. Trips are filled on a first come, first serve basis. Trips do fill up quickly so don't miss out on your chance to explore with us in the New Year.

Birthday Dinner
 Thursday, December 8 4pm
 After-dinner entertainment: Musical program by the Albany Community Choir. Don't miss it!

Holiday Dinner Monday, December 19 3:30-5pm
 Join us for a festive afternoon filled with good food and musical performance by the AHS Chamber Choir. The cost is \$5 and is payable at the door. Sign up by December 9 to guarantee yourself a holiday meal.

Blood Pressure Check with Nurse Vicky: 2nd Monday/month, 10:45am-12pm. Drop in. FREE
Brown Bag: Distributes grocery bags of food. \$10/year.
Daily Dinner: Signup at front desk. Suggested donation \$4.
HICAP: Call 839-0393 for free appointment
Shopping: The Senior Center Community Shuttle provides door-to-door shopping trips to Albany residents age 60+. Monday trips are open to non-residents (p-u at the Senior Center). Registration required.
Taxi Ride Subsidy: For Albany residents 80+ & residents w/ disabilities 18+. Registration required.
Meals on Wheels: Delivered 4 days/wk to homebound seniors. Registration required.
Info, Resource Referrals & Form Completion Assistance: Up-to-date info on services and form completion assistance provided by staff. By appointment.
Just-for-the-fun-of-it-socials!-Ping pong & games, needlecraft, movie, art, French & bridge: Fee \$1. Drop in.
Day Trips & Walking trips: Registration required.

Registration or appointments are required for most activities and services provided. Unless otherwise noted, call or come by the Senior Center for more information.
 Albany Senior Center, 846 Masonic Ave., Albany, CA 94706 Phone: (510) 524-9122 Fax: (510) 524-8940 www.albanysca.org / email: seniorinfo@albanysca.org

